



G A R D E N

The Dylan Chronicles: scribble, scratch, scratch

II: Garden

They always
we begin
with
I am plain
The end of one
Four weeks! with
THE summer
beauty.
A month is a long
Teach me to sculpt
talents and shape my
best when I let loose
No rules are best. ~~Christine~~
for a while?

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August 17th 1995

They always, I meant to say.
we begin new journals
with ceremony.

I complain with simple things to say.
The end of one (therapy 2x) to cold turkey.
Four weeks! WITHOUT.
THE SUMMER OF OWNING MY

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A month is a long time. I write to avoid.
Teach me to sculpt more finely all of my

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lost when I let loose. So maybe
no rules are best. Shall I live like
Christina for awhile?



Stephen at
the beach

Kindly Do NOT
fence me in.

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1
Sing
2

Use this time/space to take a deep breath.
Close your eyes.
and . . .

Feel your feet, wriggle your toes.

Allow a question to gurgle up.

Connect with a writing implement and
something to write on.

Scrawl the question with your non-dominant
hand.

Wait, be patient.

Keep asking the question, day after day,

Quest
Be Bold

Be Daring
Be Courageous



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Sing
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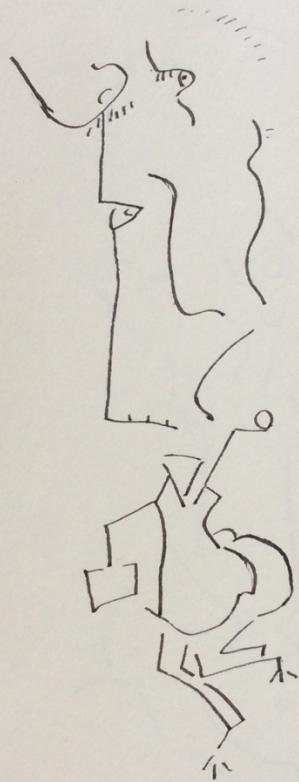
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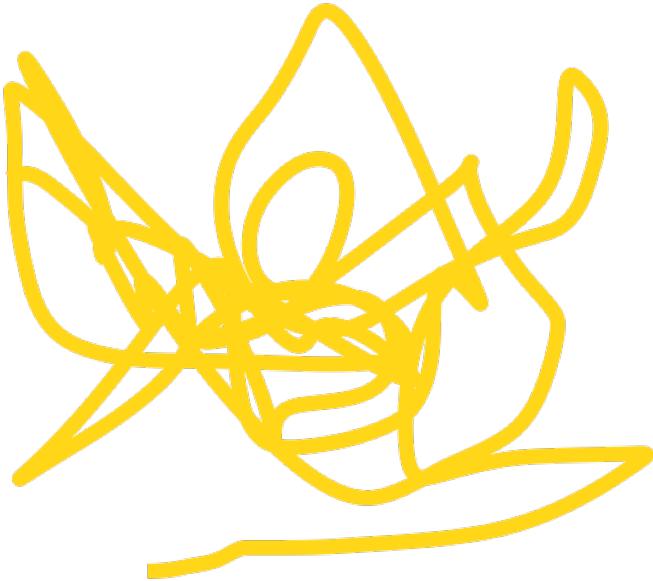
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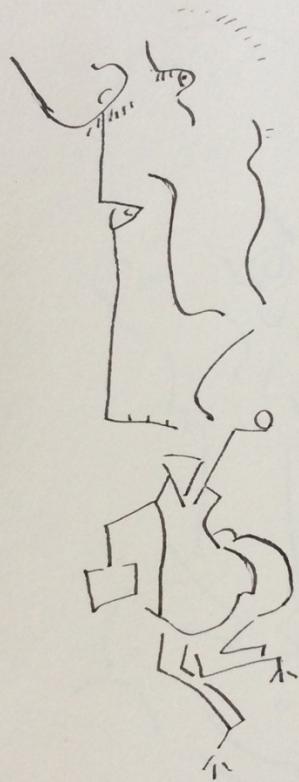


GRAMPA

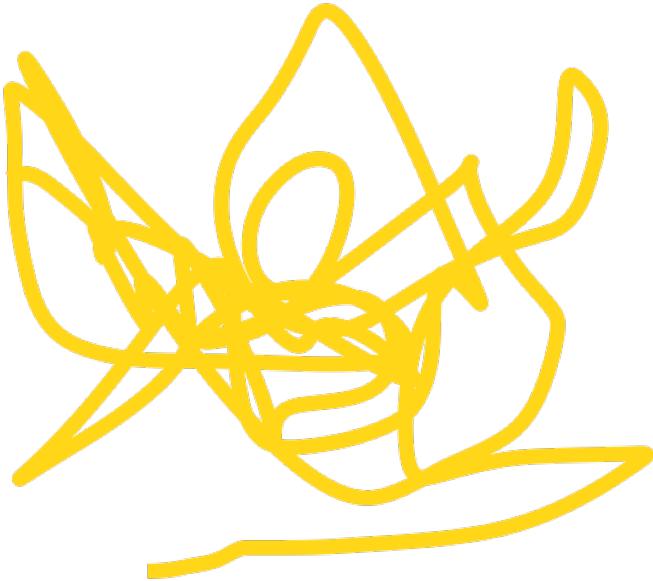


I give you permission to scribble!
give yourself permission to scribble
observe if there are any comments from your
internal peanut gallery
label the comments
gently let them flow on by
like a cloud in the sky - a limitless sky with no
edges or boundaries
keep on scribbling
is there an emotion that goes with it?
label the emotion and breathe
inhale for 4 deep breaths, hold for 4, exhale

4, hold for 4
repeat



GRAMPA



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Right (write) this with
your dominant hand.
If I had six months left
to live ... I would...

Write the reply in your
non-dominant hand
without thinking about
it. Just let it flow. If
nothing flows, ask

yourself. Why?





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Go ahead,
if you
found this,
you are
ready, you
must be
safe!

Imagine
going out
and buying
your very
own
special
journal
that only
YOU can
access, or
imagine
making
one from
what you
can gather
around

you.



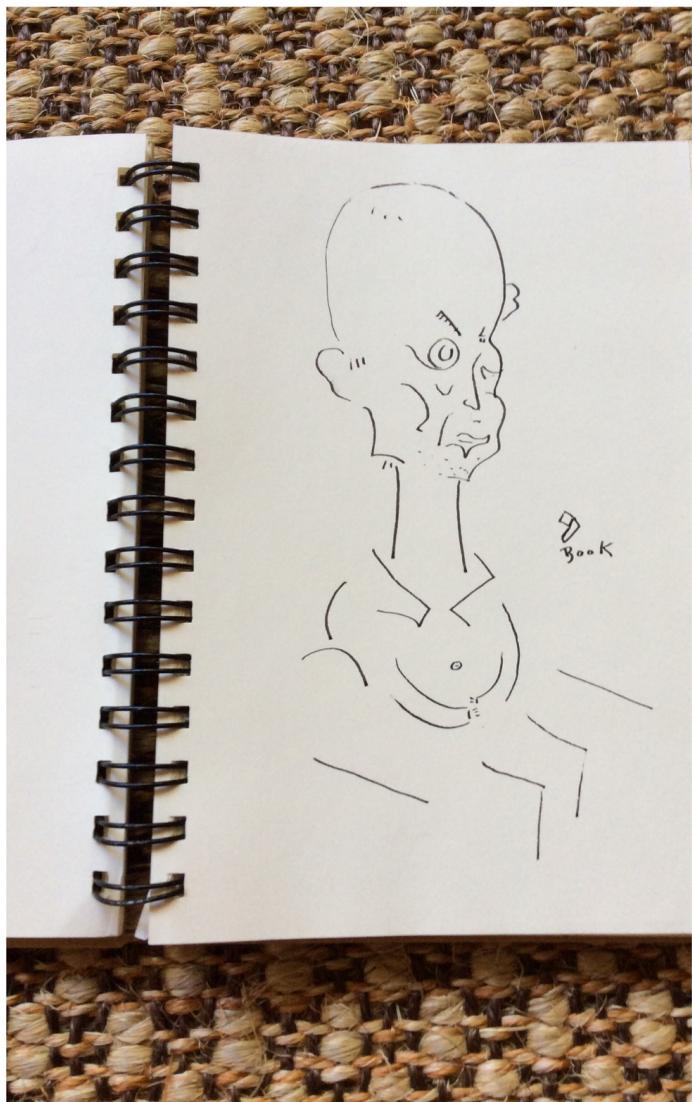
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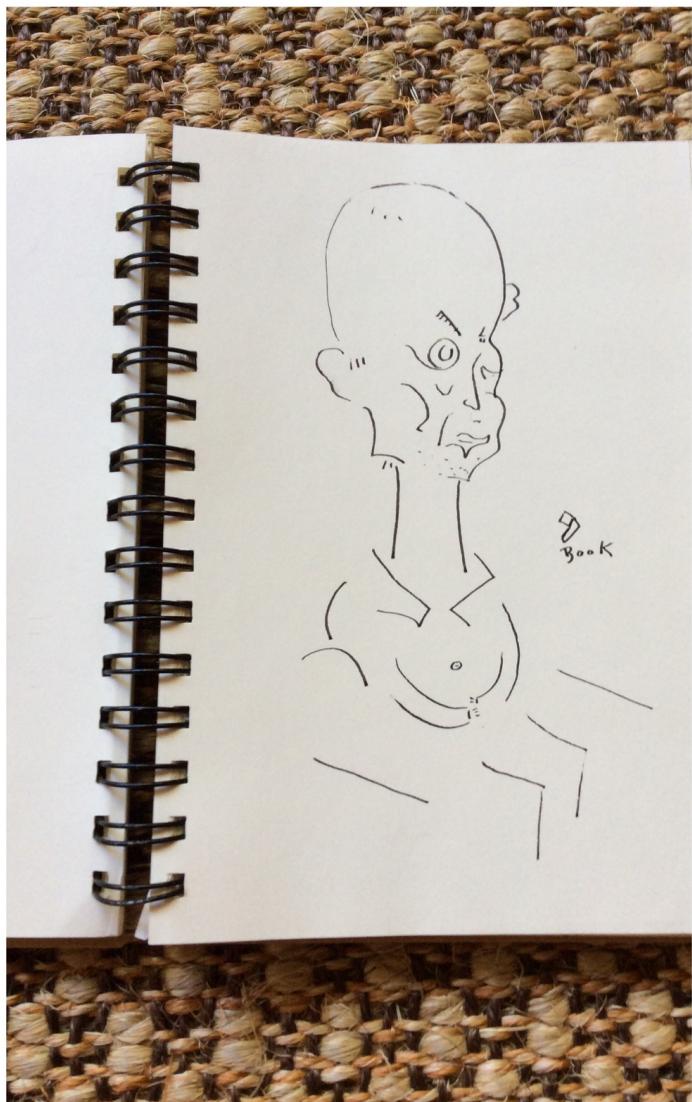
Surprise! Book I is in this series and if you go to multifacetedmisa.org and sign up for our newsletter (which you

can cancel any time) you will receive a free pdf of this work to share with fellow thrivers.

Life brings the unexpected.

Embrace it!

Life brings the unexpected. Embrace it! The universe supports your process. If you are reading this now, know that in the present folds of NOW I am sending you a safe, kind, loving, supportive ray of positive energy - the color of your choice!



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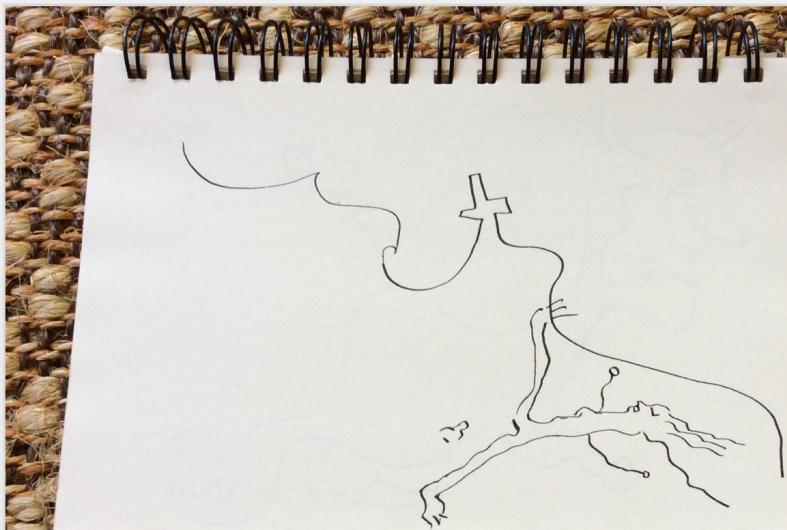
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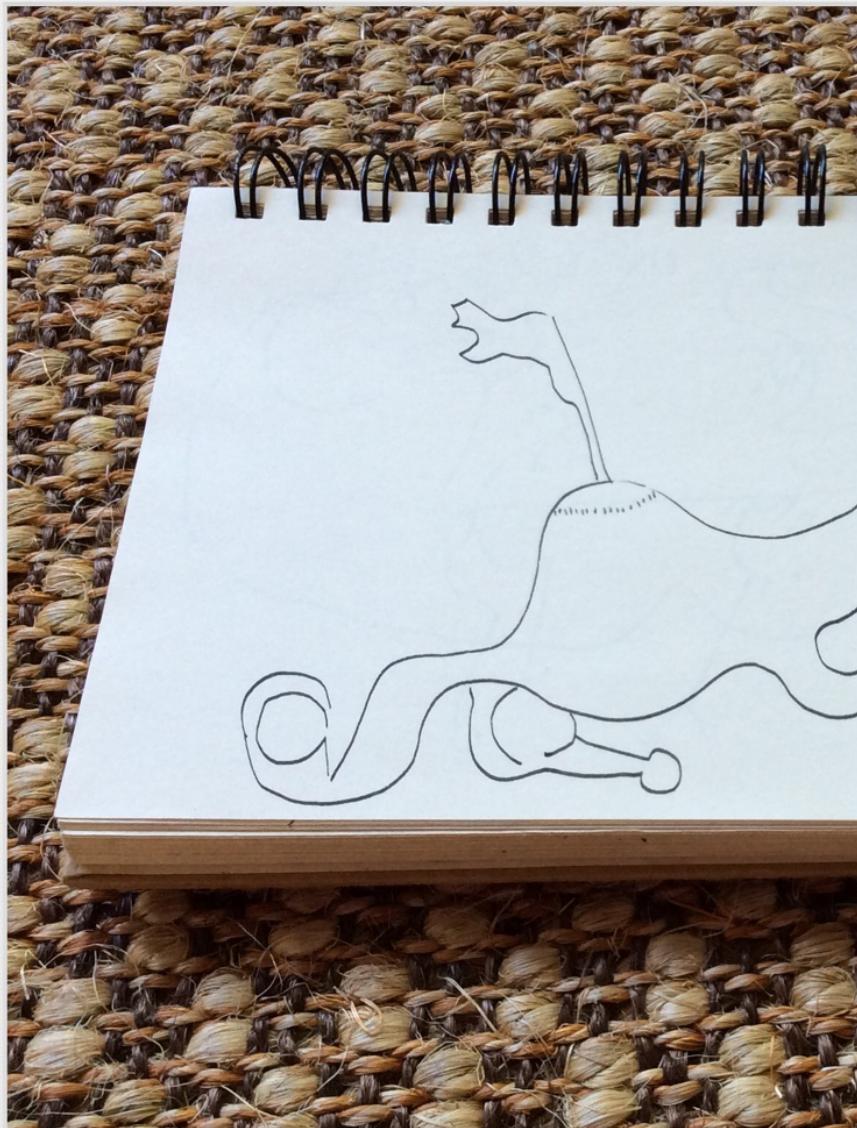
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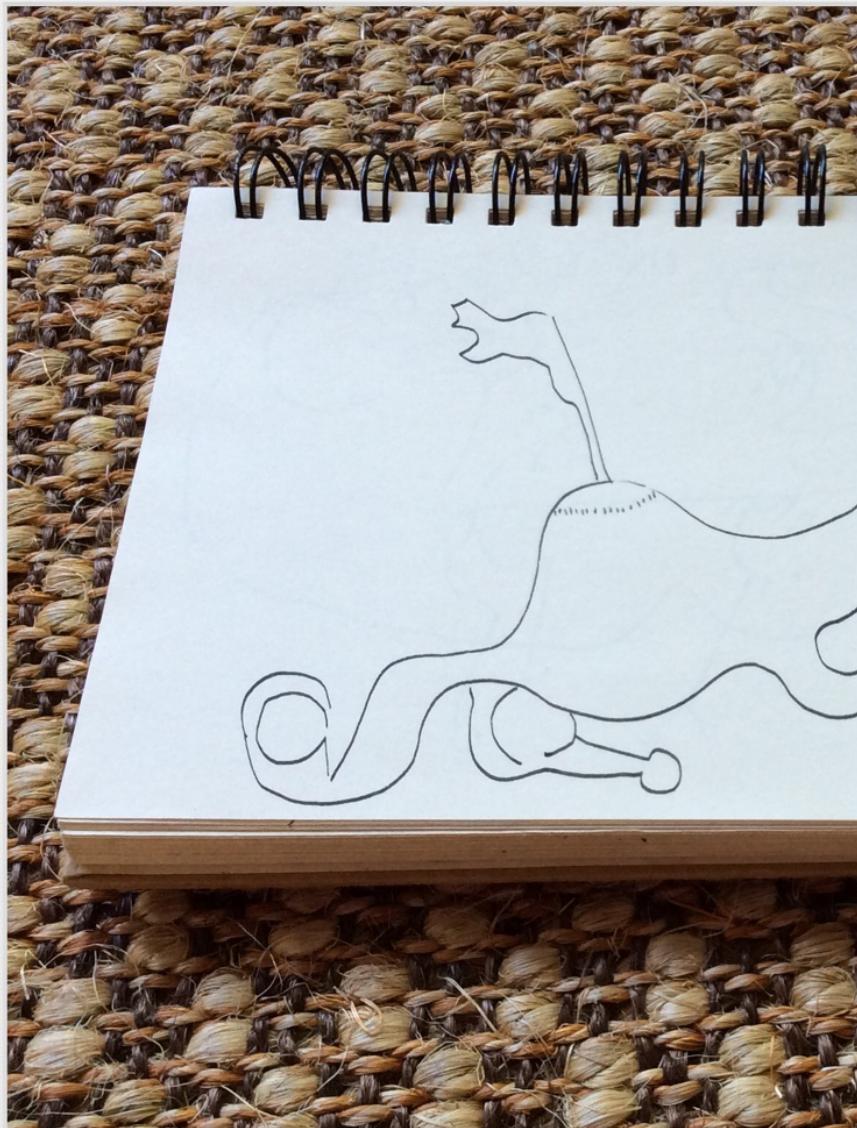








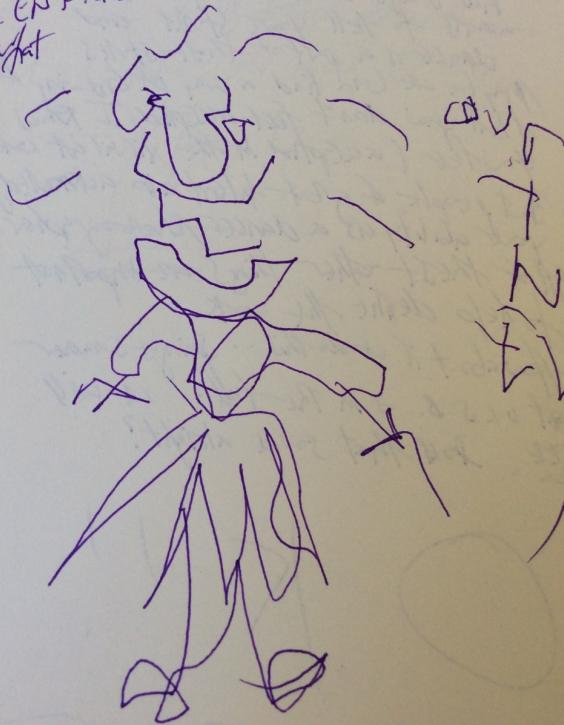




Shirley



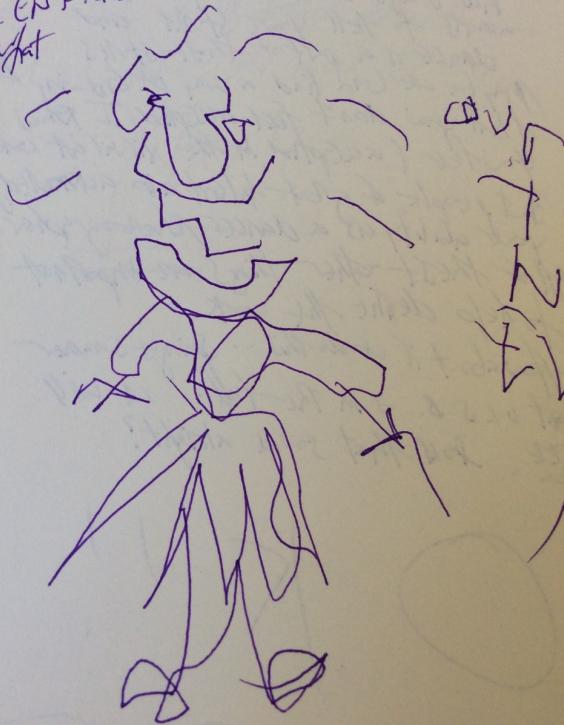
No accept me. Me tired
very tired. Me so tired sleep for
3 entries
yet

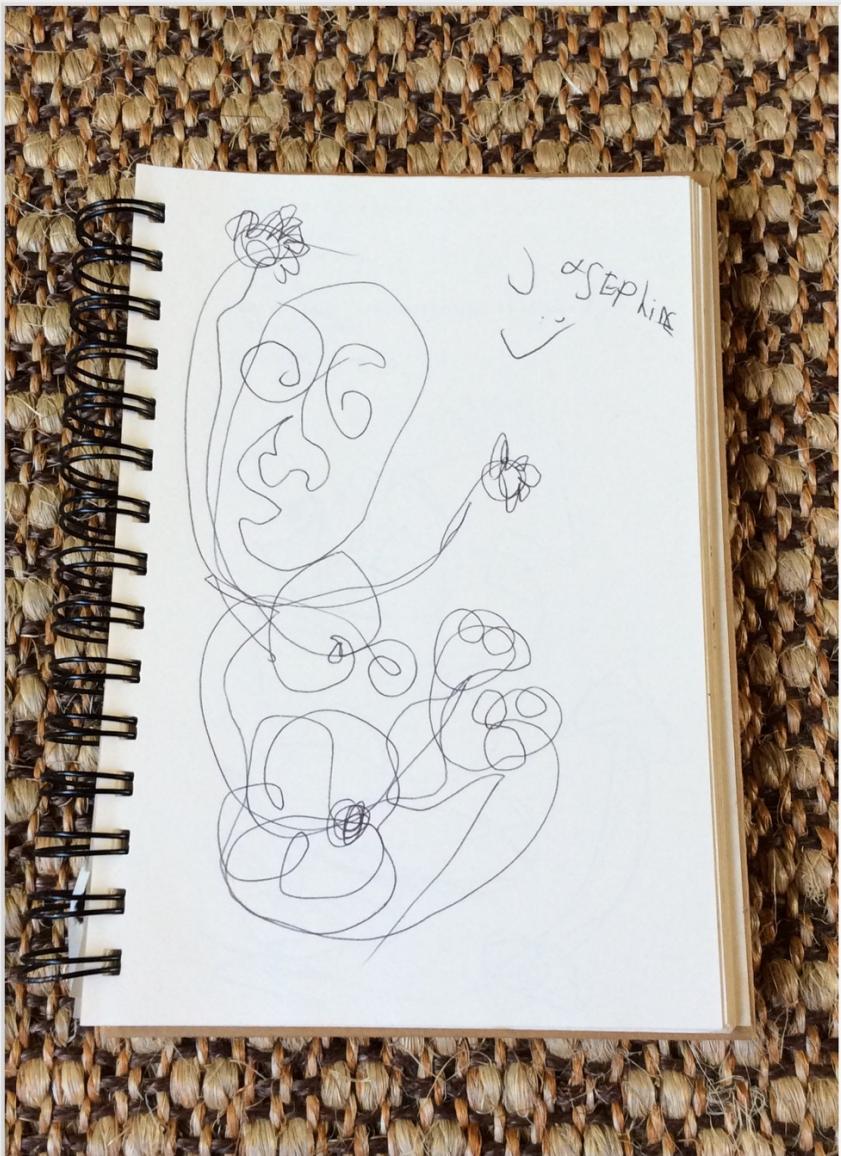


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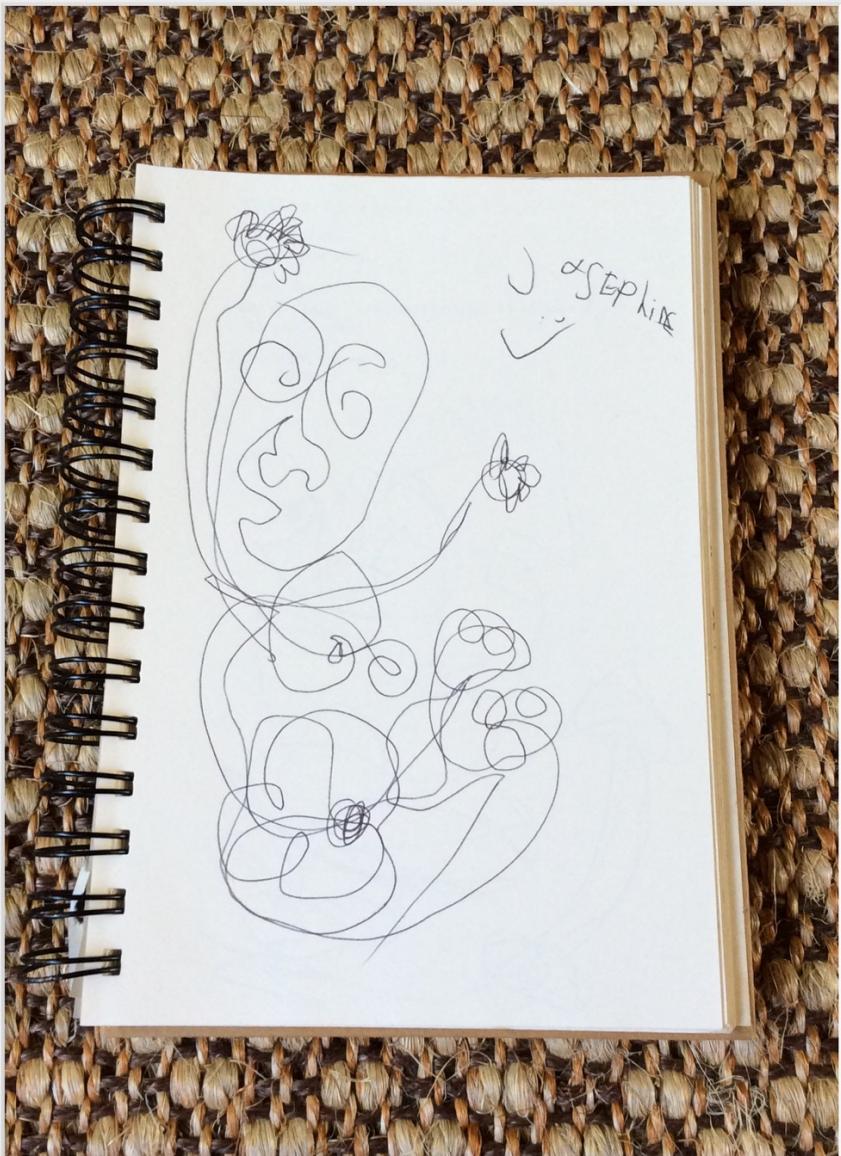


Got parts? We all got parts. I believe.

It isn't how many or how few that matters.

But making sure someone in the group takes responsibility for keeping everybody safe.

Somewhere, inside, some part knows how to take power, take control, and navigate your very own personal survivor to thriver flow.



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TRIGGER
WARNING
2 pages ahead

Kings

Warning

BE

SAFE

In my journey, I itched to know if the flashbacks were "real" or not.

I began my thriver flow with no therapist present.

I heard buzz about false memory syndrome and took very special care about what helpers and healers I let into my life to help me.

Ultimately - it doesn't really matter.

All that matters is being safe, staying safe, and getting support.

Your path will be completely unique to you, and ultimately, only you know how to save yourself.

If I figured it out, so can you!

I believe in you, I believe in your parts, I

believe your stories.

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My fist step
was...

Cutting off all contact with my family, to take

time for me, and seek an answer to a few b
questions.

Why?

Why are my siblings struggling?

Why am I binge eating, drinking too much w
eating too much sugar?

Why?

Something spoke to my heart.

Cut out contact with your family.

Your first step may be different.

Each thrivers journey is their own.

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Following are some of the scribbles and stories of my parts from within this journal.

Journalling is a powerful tool in the process

It gets the stories out of your body onto paper

Helpful we have found.

Big time help!

None of it can be proved - so what?

None of it can be corroborated - so what?

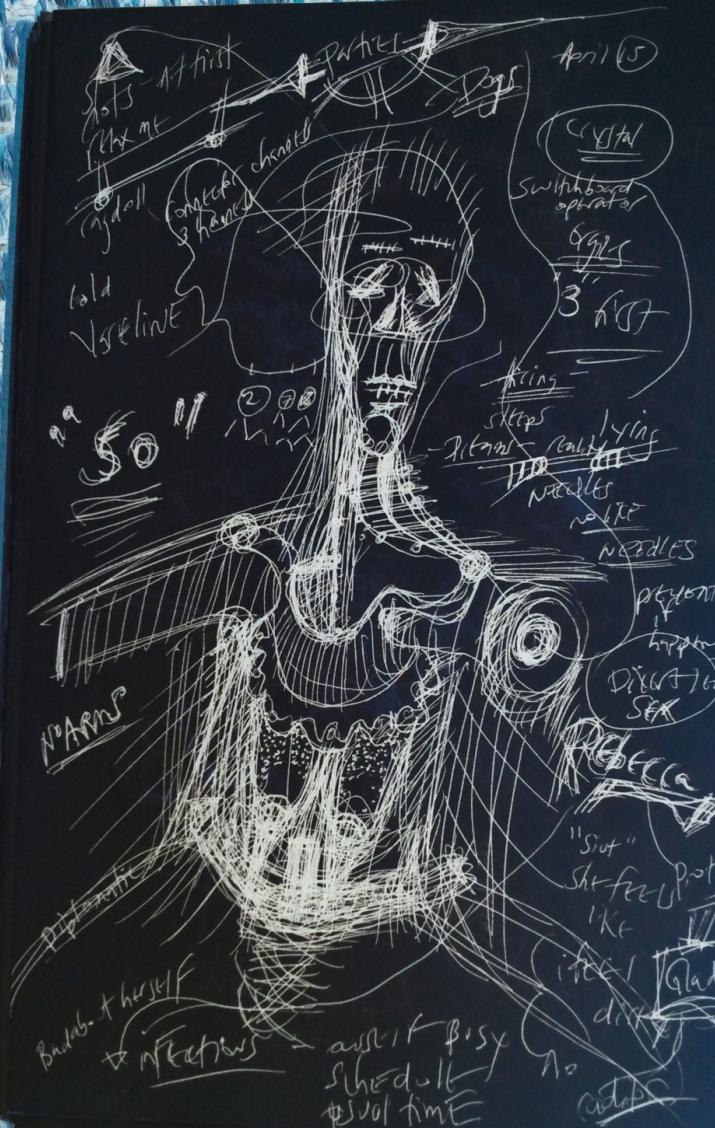
There is no evidence - it doesn't matter

All that matters is YOU!

Your safety, your survival, your pre-destined thrival.

Good luck!

I believe in your ability to take control and enjoy the healing flow!



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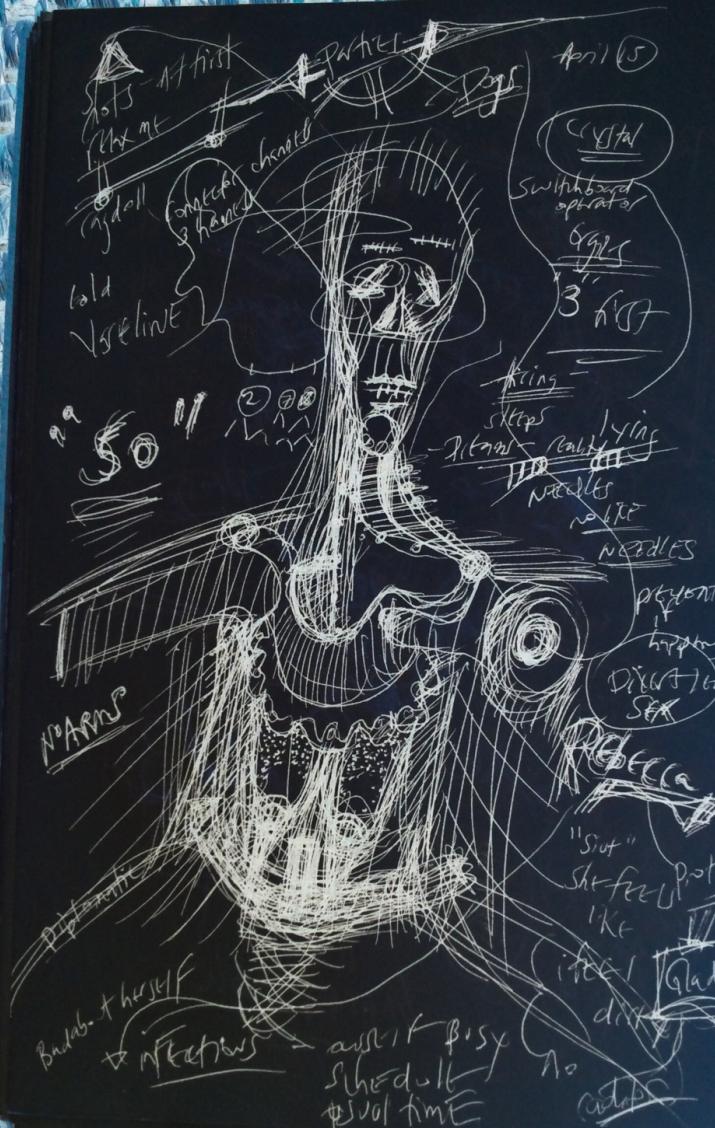
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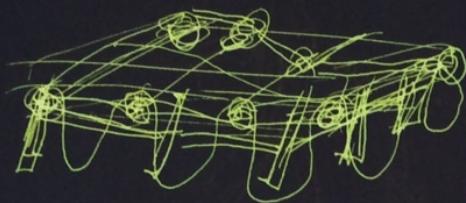
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MAX -
= YHold



SAW in

Caroline

- initiation

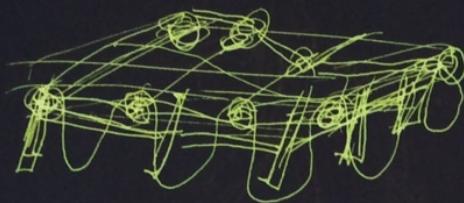
MAX

YDipper

Skipped 1

MISS
LDR Vackerwater

MAX -
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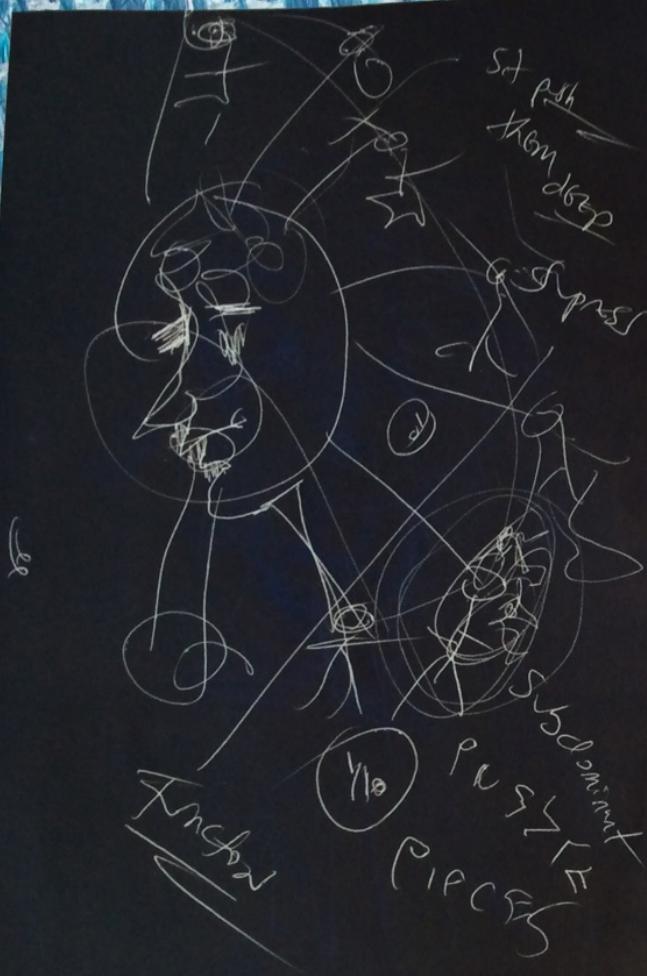
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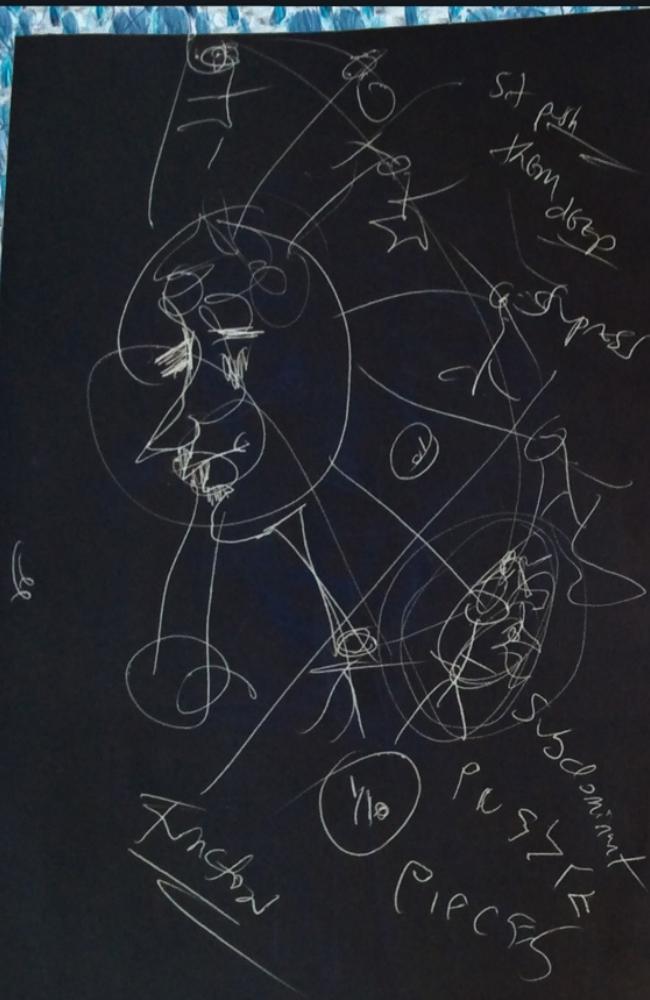
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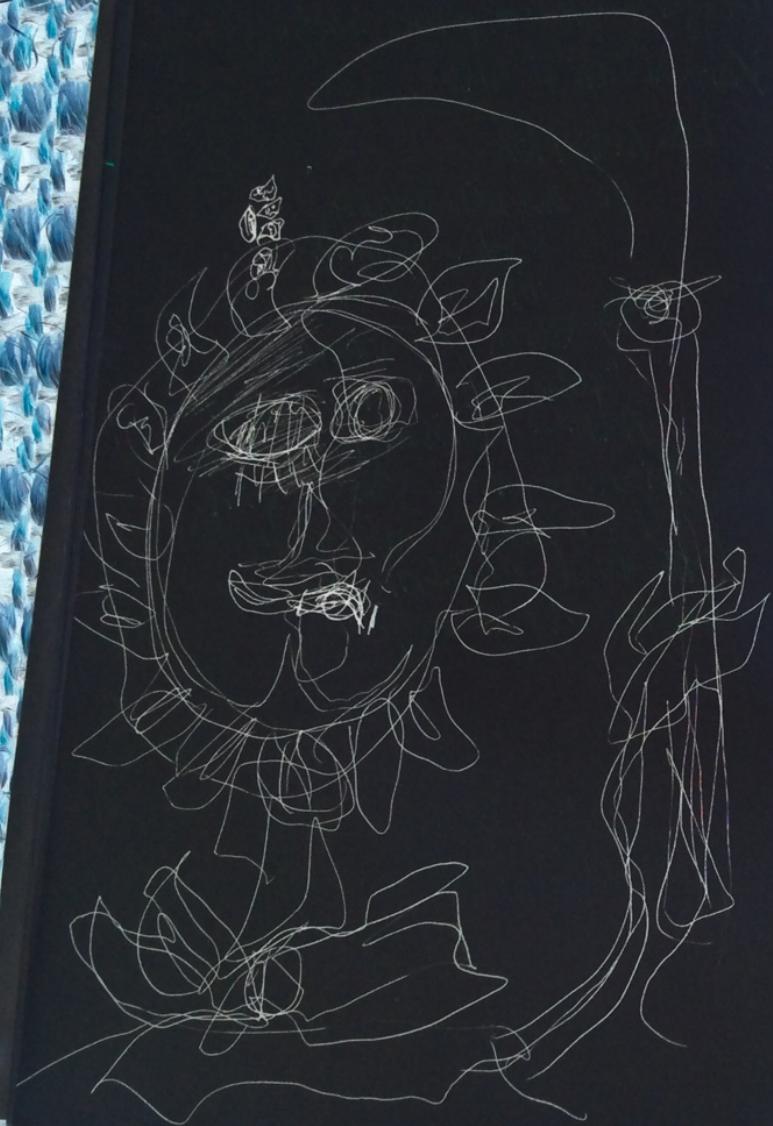
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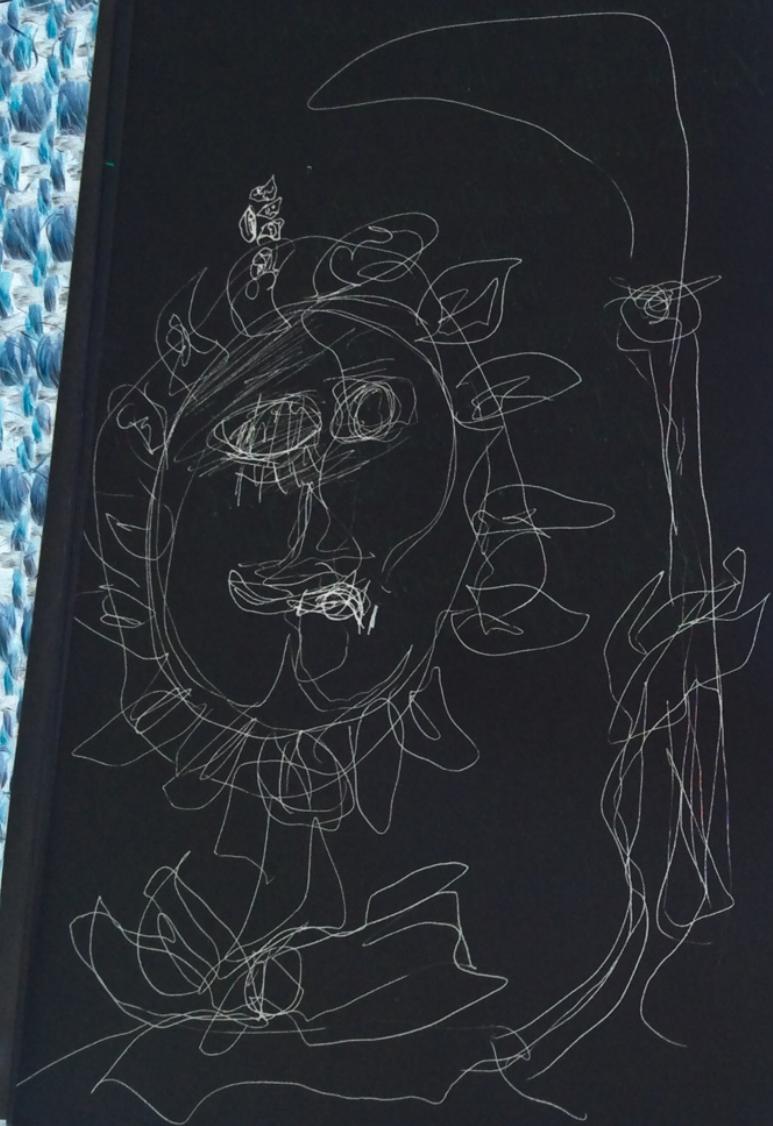
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MISS
LDR Vackerwater









~~Penelope~~

~~La R. Morris~~

~~lana~~
~~lana~~

It is well begun - though
it should not be

Not done and
never done - cannot
See you again!

Affectionately - and Best
Wishes - JOHN BROWN

Charles

Enough opportunity had you
to follow the path of life
in the world. But you will
not meet with human
Today going to the "Day"
of Justice at 10 AM. They will be here
for all of the trials - but many
of them will be adjourned
and not be heard of. I have
no fear for you. It is the Master who
has set me free.

~~Penelope~~

~~La R. Morris~~

~~lana Kuller~~



10 minutes - feel no grief --

Mind off of what thinking about -- letting --

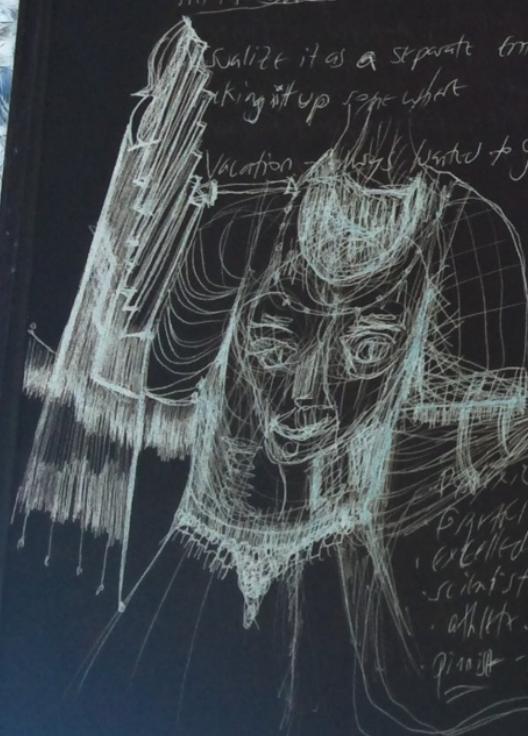
FIGHT BALIS → Scream at it

Visualize it as a separate entity
Taking it up somewhere



→ held it
→ held it
→ held it

if feel o.k.
with it



parent, family, kids
parent, extended family
scientist
athlet... soft soft
pioneer - always improved



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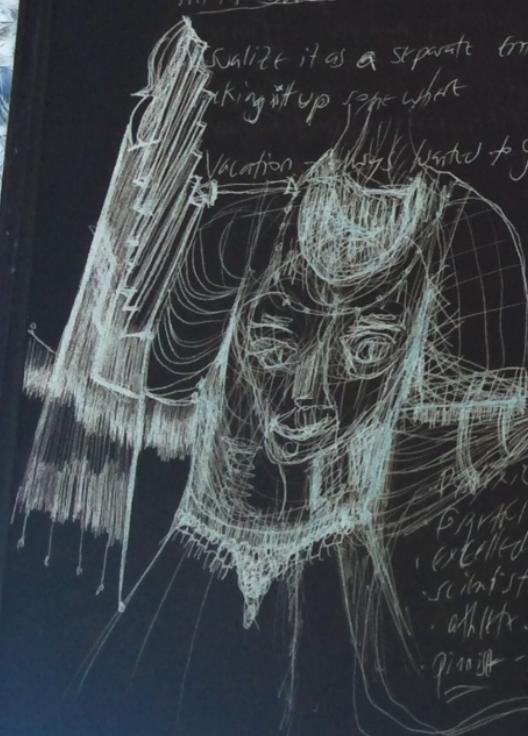
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Very important to tell that given one memory, the psyche may sub-divide into as many 10 aspects or splinters to cope with one trauma experience (if it was a really, really "bad one")

So, the process of mending the soul requires revisiting traumatic experiences not once, or twice, but for as many times as there were aspects present in real time for the experience. It was like being in hell, again, and again, and again so that each part could share their perspective. It got easier.

Then the fun starts!

Out of trauma time and in present time parts get to play and enjoy life!

and... the thriver benefits from the ability to appreciate and respect many perspectives and integrates the super talents of all facets of the thriver's soul and destiny.

Take your power back!

To give you hope - 20 years later, I feel safe enough to tell my story with this much detail. We still journal and this conversation yesterday clearly shows - happy amongst parts. What was once 36 parts and splinters has integrated and fused to 5 groupings of parts. At least that is the latest internal report.

Yippee!!

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Yippee!!

July 26, 2015

Okay this is mostly Dylan, well actually
I feel all Dylan.

I Relax

I accept

I let go

of the need to dissociate

I embrace all of what I am

and allow all parts, including Annette & Misa
to flow into me.

Now is every body today

Happy!

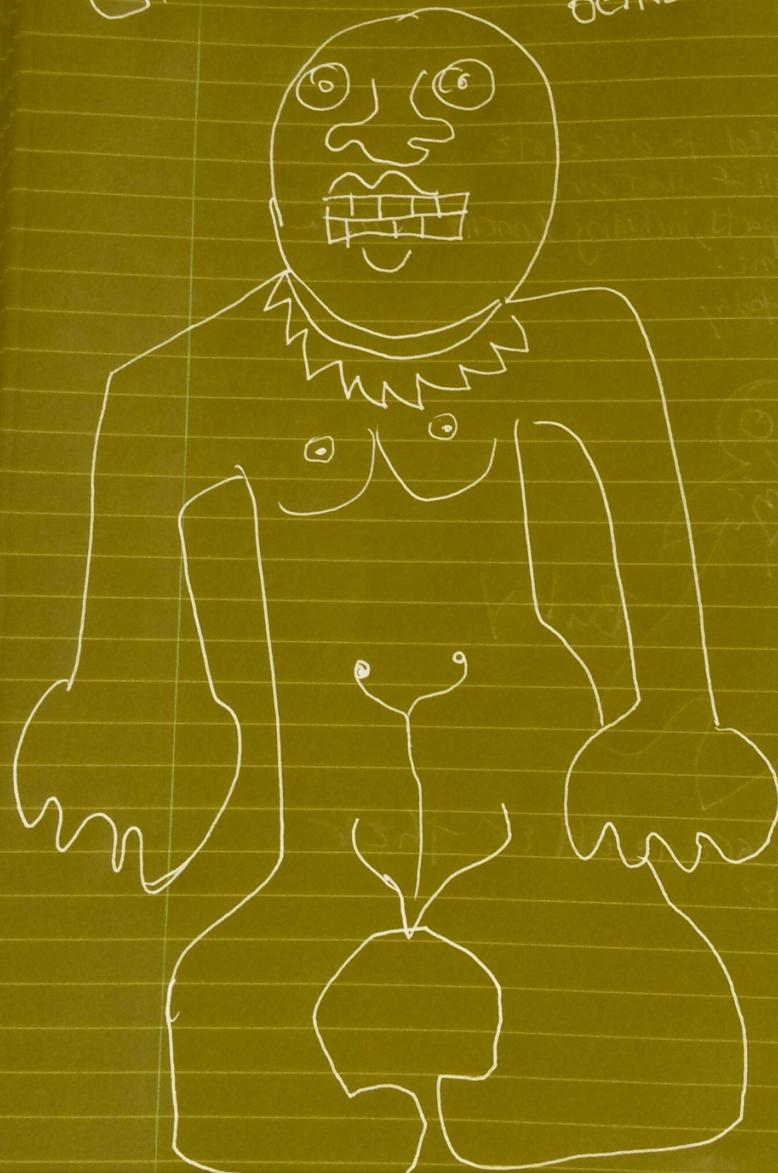


Baby

anyone else care to offer their
perspective?

GRRRATFUL

OGRE



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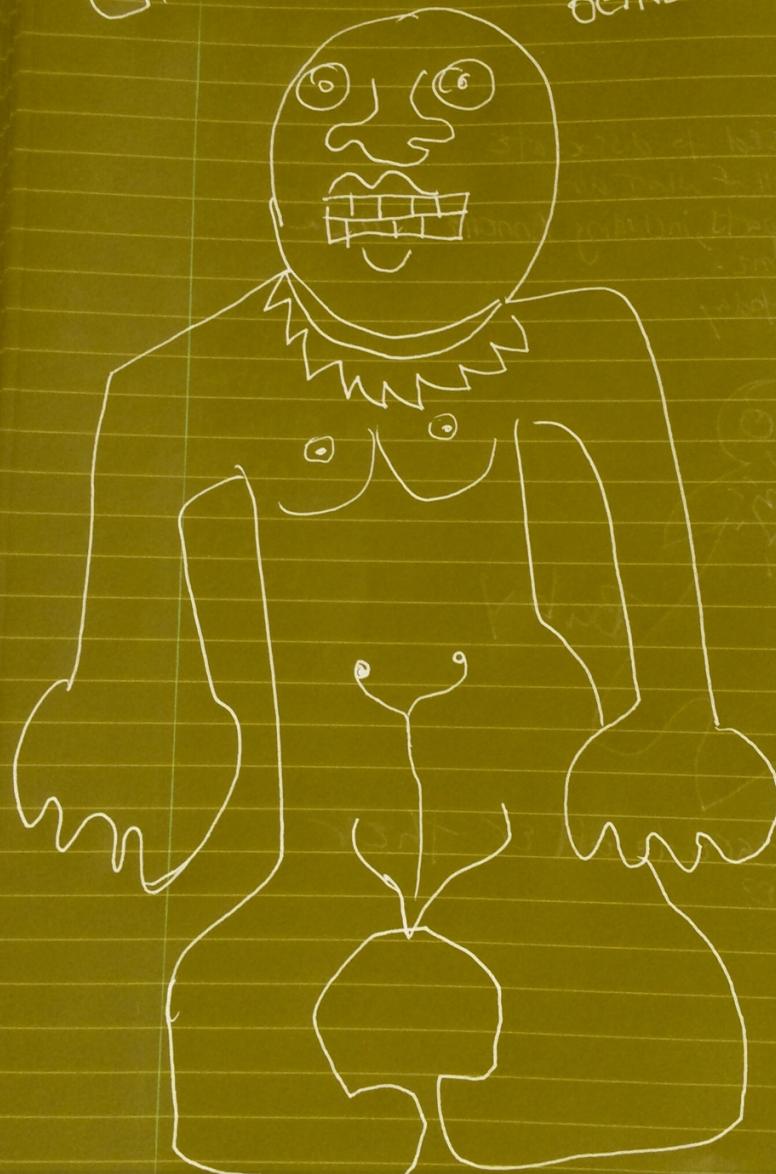


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for taking time to share my
journey.

A very safe kitty hug from
the best healer Cat in my
precious flow-grow-now.

Namaste & Glorious Day!

anyone else want to share their
perspective?

NOPE - all good

ME WANT BLEND
CRAYONS!!!

Who?
No NAMES PLEASE

DYLAN WANT

okay when?

after you finish \equiv journals :

okay.

no avoid Mr. Stephen
be nice to him!

today - use body - gym or done -
need space!



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©

Dylan

Parts

2015

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May the force of flow be kindly
with you.

P.S.
Kindly,
Respect.

that this is copyrighted material. a short
and sweet boundary. I suffered too much,
and lost too much to give the knowledge
and images away for free. I give you the
same. Respect.

©

Dylan

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